

Report Date: 02 Feb 2013

Summary Report for Individual Task
081-COM-1003
Perform First Aid to Clear an Object Stuck in the Throat of a Conscious Casualty
Status: Approved

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Condition: You see a conscious casualty who is having a hard time breathing because something is stuck in his/her throat. Some iterations of this task should be performed in MOPP.

Standard: Clear the object from the casualty's throat. Give abdominal or chest thrusts until the casualty can talk and breathe normally, you are relieved by a qualified person, or the casualty becomes unconscious requiring mouth-to-mouth resuscitation.

Special Condition: None

Special Standards: None

Special Equipment: None

Safety Level: Low

MOPP: Sometimes

Task Statements

Cue: None

DANGER

None

WARNING

None

CAUTION

None

Remarks: None

Notes: Conditions, standards, performance steps, and performance measures match task as it appears in STP 21-1-SMCT, 2 May 2011.

Performance Steps

1. Determine if the casualty needs help.

a. If the casualty has a mild airway obstruction (able to speak or cough forcefully, may be wheezing between coughs), do not interfere except to encourage the casualty.

b. If the casualty has a severe airway obstruction (poor air exchange and increased breathing difficulty, a silent cough, cyanosis, or inability to speak or breathe), continue with step 2.

Note: You can ask the casualty one question, "Are you choking?" If the casualty nods yes, help is needed.

CAUTION: Do not slap a choking casualty on the back. This may cause the object to go down the airway instead of out.

Cue: Casualty needs help to breathe.

2. Perform abdominal or chest thrusts.

Note: Abdominal thrusts should be used unless the victim is in the advanced stages of pregnancy, is very obese, or has a significant abdominal wound.

Note: Clearing a conscious casualty's airway obstruction can be performed with the casualty either standing or sitting.

a. Abdominal thrusts.

(1) Stand behind the casualty.

(2) Wrap your arms around the casualty's waist.

(3) Make a fist with one hand.

(4) Place the thumb side of the fist against the abdomen slightly above the navel and well below the tip of the breastbone.

(5) Grasp the fist with the other hand.

(6) Give quick backward and upward thrusts.

Note: Each thrust should be a separate, distinct movement. Thrusts should be continued until the obstruction is expelled or the casualty becomes unconscious.

b. Chest thrusts.

(1) Stand behind the casualty.

(2) Wrap your arms under the casualty's armpits and around the chest.

(3) Make a fist with one hand.

(4) Place the thumb side of the fist on the middle of the breastbone.

(5) Grasp the fist with the other hand.

(6) Give backward thrusts.

Note: Each thrust should be performed slowly and distinctly with the intent of relieving the obstruction.

3. Continue to give abdominal or chest thrusts, as required. Give abdominal or chest thrusts until the obstruction is clear, you are relieved by a qualified person, or the casualty becomes unconscious.

Note: If the casualty becomes unconscious, lay him/her down and then start mouth-to-mouth resuscitation procedures.

4. If the obstruction is cleared, watch the casualty closely and check for other injuries, if necessary.

(Asterisks indicates a leader performance step.)

Evaluation Preparation: Setup: For training and evaluation, use another Soldier to simulate a patient in shock.

Brief Soldier: Tell the Soldier the simulated patient requires first aid for shock to be given.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Determined if the casualty needed help.			
2. Performed abdominal or chest thrusts, as required.			
3. Continued abdominal or chest thrusts, as required.			
4. If the obstruction was cleared, watched the casualty closely and checked for other injuries, if necessary.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary
	FM 4-25.11	First Aid	No	No
1.	FM 4-25.11	First Aid	No	No
2.	FM 4-25.11	First Aid	No	No
3.	FM 4-25.11	First Aid	No	No

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to FM 3-34.5 Environmental Considerations and GTA 05-08-002 ENVIRONMENTAL-RELATED RISK ASSESSMENT.

Safety: In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination. In a training environment, leaders must perform a risk assessment in accordance with FM 5-19, Composite Risk Management. Leaders will complete a DA Form 7566 COMPOSITE RISK MANAGEMENT WORKSHEET during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks : None

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
130-LDAC-1012	LDAC First Aid Lane 1	130 - Cadet Command	Analysis
171-126-1040	Evacuate a Wounded Crewman from an M1-Series Tank	171 - Armor (Individual)	Approved

Supported Individual Tasks :

Task Number	Title	Proponent	Status
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081-COM-1001	Evaluate a Casualty (Tactical Combat Casualty Care)	081 - Medical (Individual)	Approved
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Supported Collective Tasks :

Task Number	Title	Proponent	Status
19-1-3518	Provide Health Services for a Theater Internment Facility	19 - Military Police (Collective)	Approved
40-5-1003	Perform Emergency Actions (MDE)	40 - Space and Missile Defense (Collective)	Approved
40-5-2003	Perform Emergency Actions (FDC)	40 - Space and Missile Defense (Collective)	Approved

ICTL Data :

ICTL Title	Personnel Type	MOS Data
Warrior Tasks and Battle Drills	Enlisted	MOS: 000, Skill Level: SL1
Engineer Lieutenants' Common Core Task List	Officer	AOC: 12B, Rank: 2LT, Duty Pos: AAT
Battlefield Weather Course (BWC) (6 Sep 12)		